

Everything you need to know about Zika Virus Information for OB/GYN



On January 15, 2016, the Centers for Disease Control and Prevention (CDC) issued a travel alert for people traveling to regions where Zika virus transmission is ongoing. Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. **There are currently no locally transmitted cases in Louisiana.**

Currently, the City of New Orleans Mosquito and Termite Control Board (NOMTCB) and the New Orleans Health Department are coordinating with key partners to provide information about the Zika virus to the public. NOMTCB is monitoring the mosquito population using a combination of chemical control and habitat reduction methods to limit the mosquito population in New Orleans.

What is Zika?



Zika virus is spread to people through mosquito bites. Only 1 in 5 of people will develop symptoms. Symptoms usually begin 3-7 days after being bitten by an infected mosquito. The illness can cause mild symptoms lasting up to a week.

Common Symptoms: Fever, rash, joint pain, muscle pain, headache, vomiting and red eyes. If you develop symptoms within 2 weeks of travel, see a doctor and tell the doctor where you traveled.

Evaluating and testing patients



Women who have traveled to an area with ongoing Zika virus transmission during pregnancy and reported two or more symptoms within two weeks of travel should be evaluated for Zika virus infection and tested in accordance with CDC Interim Guidance.

Zika virus infections have been confirmed in infants with microcephaly, but this association is under investigation.

Women with recent travel to an area with ongoing Zika virus transmission and ultrasound findings of microcephaly or intracranial calcifications may be offered amniocentesis.

A positive Zika virus result from amniotic fluid would be suggestive of intrauterine infection. In the absence of microcephaly, the presence of intracranial calcifications before 22 weeks gestation may suggest a risk for the future development of microcephaly.

The CDC recommends testing tissues of live births and fetal loss with evidence of maternal or fetal Zika virus infection.

Report Suspected cases to DHH for testing.

Report Suspected Cases

Report to Louisiana Department of Health and Hospitals Infectious Disease Epidemiology Section at:
Main line: (504)568-8313
After Hours: (800)256-2748

How to protect yourself



Dress Wear long-sleeve shirts and long pants. For extra protection, treat clothing with the insect repellent, permethrin.



Drainage Remove standing water around the home in places such as plant containers, old tires and buckets.



Dawn and Dusk Mosquitoes that can carry Zika are day biters and most active during dusk and dawn.



DEET Use EPA-registered insect repellents, containing the active ingredient DEET. When used as directed, EPA-registered insect repellents are proven safe and effective.

- Reapply insect repellent as directed.
- Apply insect repellent before sunscreen.
- Do not apply repellent directly to a child's face. Spray it into your hand first, then apply.

Travel Information



Pregnant women should postponing travel to any area where Zika virus transmission is ongoing.

If a patient must travel to one of these areas, they should strictly follow steps to prevent mosquito bites. It is safe for pregnant women to use insect repellent.